



## **Screen Time Policy, System and Environmental Change Examples in the Columbus Community**

### **Columbus Recreation and Parks APPS and CAP City Nights Program**

- Active games that require standing and movement of major muscle groups will be available for use on gaming systems such as Xbox, Wii etc.

### **Franklin County WIC**

- Television, video, computers and other visual recordings shall be limited to those that are an integral part of our services. This would include the Explanation of WIC video or a breastfeeding video for class. We would also include those that provide opportunities for physical activity (e.g. 10 minute recess video, etc.)
- To limit children's exposure to advertising for low-nutrition foods, the television located in the common area will only be used to show WIC approved videos. Use of these televisions for commercial television viewing is prohibited while families are in the clinic.
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### **Other Policy, System and Environmental Changes to Reduce Screen Time:**

- Television, video, and computer time are limited to one time per week or less and not more than 30 minutes each time.
- Television or videos are never shown in the facility.
- Only active games that require standing and movement of major muscle groups will be available for use on gaming systems such as Xbox, Wii etc.
- Television, video, computers and other visual recordings shall be limited to those that are an integral part of our services, programs and/or worship and those that provide opportunities for physical activity (e.g. 10 minute recess video, etc.).
- Only games requiring physically active play will be offered when video games are utilized for events.
- To limit children's exposure to advertising for low-nutrition foods, the television located in the common area will only be used to show approved educational videos. Use of these televisions for commercial television viewing is prohibited.